

What is claimed is:

1. A farinaceous-based food product comprising  
(a) a protein additive; and  
(b) a hydrophobic ester  
wherein the farinaceous-based food product has a scanning electron microscopy image that visually displays substantially no protein fiber gaps or voids at about 2000 times magnification.
2. The farinaceous-based food product according to claim 1 wherein the food product further comprises a flour mixture with at least about 50.0% by weight of the flour mixture comprising gluten protein.
3. The farinaceous-based food product according to claim 1 wherein the farinaceous-based food product further comprises durum semolina.
4. The farinaceous-based food product according to claim 1 wherein the farinaceous-based food product comprises from about 65.0% to about 95.0% by weight flour.
5. The farinaceous-based food product according to claim 1 wherein the protein additive is dried or liquid egg white, dried or liquid whole egg, gliaden or a mixture thereof.
6. The farinaceous-based food product according to claim 5 wherein the farinaceous-based food product comprises from about 1.0% to about 15.0% by weight protein additive.
7. The farinaceous-based food product according to claim 1 wherein the hydrophobic ester has an HLB of under about 13.

8. The farinaceous-based food product according to claim 7 wherein the hydrophobic ester is mono- or di-acylglyceride, sorbitan ester, sucrose ester, lecithin, or mixture thereof.
9. The farinaceous-based food product according to claim 1 wherein the microscopy image further comprises starch granules homogeneously dispersed therein.
10. The farinaceous-based food product according to claim 8 wherein the hydrophobic ester makes up from about 0.25% to about 2.5% by weight of the food product.
11. The farinaceous-based food product according to claim 1 wherein the food product, at the time of extrusion and as an extruded mixture, comprises from about 25.0% to about 35.0% by weight water.
12. The farinaceous-based food product according to claim 1 wherein the food product comprises from about 4.0% to about 18.0% by weight water.
13. The farinaceous-based food product according to claim 1 wherein the food product comprises flavors, or tomato, spinach, artichoke, pepper, or eggplant powder or particulate, vitamin, spices, acidulant or a mixture thereof.
14. A method for making a farinaceous-based food product that has a scanning electron microscopy image that visually displays substantially no protein fiber gaps or voids at about 2000 times magnification, the method comprising the steps of:
  - (a) mixing, in no particular order, flour, water, protein additive and hydrophobic ester to produce a mixture;

- (b) extruding the mixture in an extruder to make an extruded mixture;  
and
- (c) drying the extruded mixture for at least about 10 minutes and less than about 1.0 hour in a first drying phase then drying the extruded mixture in a second drying phase for at least about 3.0 hours and less than about 8.0 hours to produce the food product

wherein drying occurs at a temperature from about 68°C to about 150°C at a relative humidity from about 40.0% to about 80.0%, with the proviso that the drying temperature and relative humidity of the second phase, independently, are at least about 3.0% to about less than 40.0% greater than the drying temperature and relative humidity of the first phase.

- 15. The method for making a farinaceous-based food product according to claim 14 wherein the food product is a pasta product.
- 16. The method for making a farinaceous-based food product according to claim 14 wherein the food product is a reduced carbohydrate pasta product.
- 17. The method for making a farinaceous-based food product according to claim 14 wherein the extruded mixture comprises from about 25.0% to about 35.0% by weight water.
- 18. The method for making a farinaceous-based food product according to claim 14 wherein the food product is hydrated and frozen prior to being placed in a scanning electron microscope.
- 19. A meal kit comprising the farinaceous-based food product of claim 1.

20. The meal kit according to claim 18 wherein the meal kit can be heated in boiling water or a microwave oven.